



# MASTERPIECE LYCEUM 2019

*Round 1: Where You Live Matters*

*Conference Program*

# Welcome to the 2019 Lyceum

*Tune in from VIRTUALLY anywhere!*

We welcome you to the 11<sup>th</sup> annual Masterpiece Living Lyceum! We hope you're joining us from the place that matters most to you: the environment in which you live and function. For the past ten years the Masterpiece Lyceum has taken place in a specific host city, on specific dates, and we gathered to meet in-person to interact and get the most from featured speakers who would lead sessions over the course of a few days ... Some of that is changing this year.

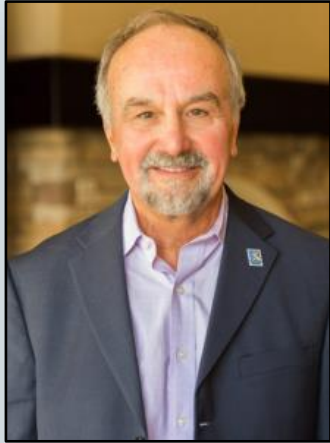
The 2019 Masterpiece Living Lyceum marks the first year we'll be hosting a conference that is exclusively virtual. We've listened to your feedback. We've heard your desire to bring the Lyceum experience to more team members and residents within your organization. This virtual format will extend the opportunity to reach more individuals and share the content and information on successful aging on a grander scale. As always, there will be a lineup of featured speakers and opportunities to interact with your peers in our network. Instead of sessions taking place on a designated date and time they will be pre-recorded and released during a window of time for greater viewing flexibility. An opportunity to interact with the network will be offered via video conferencing for each session. Interactive sessions will be scheduled on a designated day and time – look for those details in this program.

As part of our first round of sessions on the topic of “where you live matters”, I'm thrilled to announce our exciting lineup of speakers: yours truly, Dr. Roger Landry, will get things kicked off as I discuss the importance of where you live matters. I'm excited to introduce Fred Bartlit, an author and true example of successful aging, who will be speaking on how to avoid the “frail trail” and take the *StrongPath* as one ages. We're also incredibly excited to welcome my good friend and colleague, Penny Cook, the President and CEO of The Pioneer Network, as a featured speaker. And, I'm pleased to welcome Sky Bergman back to speak on the take-aways from her acclaimed film, *Lives Well Lived*.

You spoke, we listened. The virtual Lyceum is the result. Participate. Let's make it available to as many as possible, and then let us know how we can make it even better next time.

“See” you soon,

Dr. Roger



## Roger Landry, MD

Author of *Live Long, Die Short: A Guide to Authentic Health and Successful Aging* and President of Masterpiece Living

### Recorded Session Release:

Monday, May 27 (and available until June 14)

\*Log on to the Masterpiece Living website to watch Dr. Roger Landry's recorded session (Under Resources>Lyceum).

### Interactive Live Q&A session with Dr. Landry:

Wednesday, June 5, 2019 (2:00ET/1:00CT/12:00MT/11:00PT/AZ)

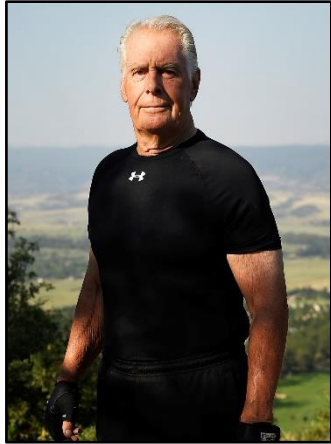
[Click Here to Register for Live Q&A with Dr. Landry.](#)

### Session Title: *Seeking Warm Soil – Why Where You Live Matters*

In his keynote address, Dr. Landry establishes the theme for this Virtual Lyceum. The title is *Seeking Warm Soil: Why Where You Live Matters*. Beginning with the needs of our fellow life forms on earth, Dr. Landry establishes the core needs of all living things and builds to the particular needs of human beings in order to be healthy, thrive and age well. Research has firmly established that lifestyle is the major determinant. A holistic approach to lifestyle is necessary. However, a culture that facilitates, stimulates, strongly promotes continued growth, and offers substantive connection and nurturing of purpose and meaning, is the warm soil which will consistently result in robust outcomes.

### Dr. Roger Landry's Background:

Dr. Roger Landry is a preventive medicine physician, author of award-winning *Live Long, Die Short: A Guide to Authentic Health and Successful Aging* (as well the *Official Summary of Live Long, Die Short*), *Where You Live Matters: The Role of Culture in Our Aging Journey*, contributing author to *80 Things to Do When You Turn 80*, and president of Masterpiece Living, a group of multi-discipline specialists in aging who partner with communities to assist them in becoming destinations for continued growth. Trained at Tufts University School of Medicine and Harvard University School of Public Health, Dr. Landry specializes in building environments that empower older adults to maximize their unique potential.



## Fred Bartlit, JD

Author of *Choosing the StrongPath: Reversing the Downward Spiral of Aging*

### Recorded Session Release:

Monday, August 12, 2019 (available until August 30)

\*Log on to the Masterpiece Living website to access Fred Bartlit's recorded session (Under Resources>Lyceum).

### Live interaction with the MPL network:

Tuesday, August 20, 2019

(2:00ET/1:00CT/12:00MT/11:00PT/AZ time)

\*Fred Bartlit will not be present during the network interactive session.

[Click Here to Register for Interactive Session with MPL Network.](#)

### Session Title: *Redefining Aging – Choosing the StrongPath*

Fred's session will focus on how recent developments in science and medicine are changing the way we think about aging. He will explore the importance of strength training and why it is critical to leading a better quality of life as we get older.

### Fred Bartlit's Background:

Fred is a West Point graduate, was a U.S Army troop commander, and a U.S. Army Ranger. He was first in his class in law school and has the top academic record in the 120-year history of the University of Illinois College of Law. In addition, Fred has been considered one of the best trial lawyers in the United States and is the only trial lawyer to be selected by two U.S. Presidents of different parties to represent them in their most important courtroom matters.

Aside from Fred's impressive career achievements in the Army and as a lawyer, he has a new passion: spreading the message that people can live a much longer, happier, healthier, more fulfilling life if they commit themselves to combat the effects of aging by strength training. Fred is the co-author of *Choosing the StrongPath: Reversing the Downward Spiral of Aging* which outlines the impact strength training has on health and well-being and is dedicated to giving everyone the tools they need to be strong, vibrant and independent.



## Penny Cook, MSW

President and CEO of The Pioneer Network

### **Recorded Session Release:**

Monday, August 12, 2019 (available until August 30)

\*Log on to the Masterpiece Living website to access Penny Cook's recorded session. (Under Resources>Lyceum).

### **Live interaction with the MPL network:**

Wednesday, August 21, 2019

(2:00ET/1:00CT/12:00MT/11:00PT/AZ time)

\* Penny Cook will not be present during the network interactive session.

[Click Here to Register for Interactive Session with MPL Network.](#)

### **Session Title: *Culture Change – How can you shape the culture around you?***

Culture is made up of the beliefs, practices, norms and environment in which we live. Sometimes we accept the culture thinking that our actions and beliefs cannot make an impact. But we all have influence and we can all affect change. Learn how to embrace your power and shape the culture around you.

### **Penny Cook's Background:**

Penny's commitment to changing the culture of aging and long-term care began early in her professional career as a social worker in Rochester, New York and continued as she moved to Colorado. She is passionate about spreading the message that we are in the midst of a revolution about how we age and where we do it.

Penny previously served as the manager of the Long-Term Care Ombudsman Program in the Denver metropolitan region and as Executive Director of the Colorado Culture Change Coalition. While there, she expanded the Coalition's reach to look beyond nursing homes and brought the message of culture change to assisted living communities and home care organizations. Penny received her Master of Social Work degree from the State University of New York at Albany and her Bachelor of Arts in Anthropology from Binghamton University.



## Sky Bergman

Filmmaker and Director of *Lives Well Lived*

### Recorded Session Release:

Monday, August 12, 2019 (available until August 30)

\*Log on to the Masterpiece Living website to access Sky Bergman's recorded session. (Under Resources>Lyceum).

### Live interaction with the MPL network:

Thursday, August 22, 2019

(2:00ET/1:00CT/12:00MT/11:00PT/AZ time)

\*Sky Bergman will not be present during the interactive session.

[Click Here to Register for Interactive Session with MPL Network.](#)

### **Session Title: *Roadmap to Purpose – Three Common Threads of Lives Well Lived***

What are the markers of a life well lived? Filmmaker and Director, Sky Bergman shares the three consistent characteristics observed from interviewing a group of older adults that have allowed them to celebrate long lives filled with health, happiness and spirit.

### **Sky Bergman's Background:**

Sky Bergman is an accomplished, award-winning photographer. *Lives Well Lived* is Sky's directorial debut. Sky is currently a Professor of Photography and Video at Cal Poly State University in San Luis Obispo, CA. Her feature documentary *Lives Well Lived*, celebrates the incredible wit and wisdom of adults 75 to 100 years old who are living their lives to the fullest. Encompassing over 3000 years of experience, forty people share their secrets and insights to living a meaningful life.



## MPL Network Partner Featured Practice

### **Recorded Session Release:**

Monday, August 12, 2019 (available until August 30)

\*Log on to the Masterpiece Living website to access this recorded session. (Under Resources>Lyceum).

### **Live interaction with the MPL network:**

Friday, August 23, 2019 (2:00ET/1:00CT/12:00MT/11:00PT & AZ)

[Click Here to Register for Interactive Session with MPL Network.](#)

If you believe your community is doing something cutting-edge and innovative in helping to create an environment that supports individual's well-being (consistent with the theme "where you live matters"), and would like to be a featured speaker at the virtual Lyceum, click on the link below to apply.

[Click here to submit a cutting-edge practice.](#)

## Live Interactive Sessions with the Masterpiece Network

As with any conference, part of the value in attending is the networking and interaction that takes place among colleagues. The virtual Lyceum will allow opportunities for face-to-face interaction with peers who are part of the Masterpiece network from across the country. Each breakout session will offer an opportunity to discuss the topic, how it may be applied, and hear best practices from others who choose to join the interactive video conference.



Peer interaction will be offered only during the listed day and time for each session. Registration for each is required in order to join and participate (see specific details under each session listing). Interactive sessions will utilize Zoom Communications video conferencing software. Participating in a Zoom video conference will not require a software download, however, testing the link ahead of time is recommended due to the differing privacy and security safeguards organizations may have in place.

At the start of each interactive session, attendees will be connected as a whole, larger group. A facilitator will give a brief welcome and instructions and will then break the participants into smaller groups (“Zoom Rooms”) – by random assignment – where interaction between attendees will be open.